

Greek Pita Wraps

These easy and portable wrap sandwiches are flavored with the foods and spices of Greece. You could substitute navy beans or chickpeas for the cannellini beans if you like.

Ingredients:

- 1/4 cup mayonnaise
- 1 tablespoon lemon juice
- 1/8 teaspoon garlic powder
- 1 cup canned cannellini beans, drained, rinsed
- 1 cup chopped cooked chicken
- 1/3 cup crumbled feta cheese
- 1/4 tsp. dried oregano leaves
- 1/2 cup chopped green pepper
- 1 cup chopped tomato
- 8 lettuce leaves
- 8 pita breads



Preparation:

In medium bowl, combine mayonnaise, lemon juice, garlic powder, and beans. Mix well, mashing beans slightly with fork. Stir in remaining ingredients except lettuce and pita breads.

Soften pita breads by wrapping in paper towel and microwaving for 2-4 minutes on high power.

Prep Time: 10 minutes

<http://busycooks.about.com/od/breadrecipes/r/greekwrap.htm>